



a) A coach could evaluate the effectiveness of the skill instruction element of a training session by:

- A coach write down what the person needs to work on for next time.
- Show a demonstration of how to do it.
- Watch a video of someone doing it.
- Coach could also write down how the person could improve for next time.
- What they might be doing wrong.
- How <sup>suggest</sup> they could improve.
- Evaluation the coach might do so next time so the coach can see if the persons improving.